



Youth Risk Behavior Survey

Physical Activity

General Survey Information

The Youth Risk Behavior Survey (YRBS) is part of a biennial national effort led by the Centers for Disease Control and Prevention (CDC). The YRBS monitors health risks and behaviors in six categories, which are related to the leading causes of mortality and morbidity among both youth and adults. Data is collected from 9th through 12th graders on behaviors that contribute to physical activity, nutrition, tobacco use, alcohol and other drug use, violence and injuries, and sexual behavior.

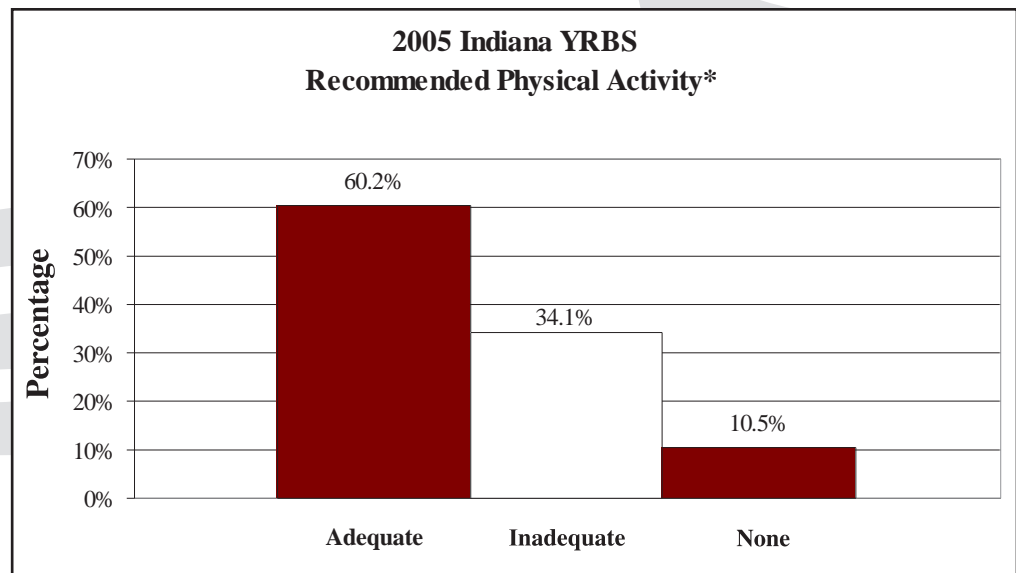
The Problem

Lack of physical activity has been associated with cardiovascular disease, hypertension, overweight and obesity, osteoporosis, diabetes, and certain cancers.¹ The benefits of regular physical activity include building and maintaining healthy bones and muscles,² reducing the risk of developing obesity and chronic diseases such as diabetes and cardiovascular disease,¹ minimizing feelings of depression and anxiety, and promoting psychological well-being.² The CDC recommended level of physical activity consists of at least 20 minutes of vigorous physical activity on three or more of the past seven days or at least 30 minutes of moderate physical activity on five or more of the past seven days.

Indiana YRBS Data

The 2005 Indiana YRBS shows that 60.2% of high school students exercised or participated in at least 20 minutes or more of physical activity that made them sweat or breathe hard on three or more of the past seven days. The survey results show that 34.1% of students did not achieve the CDC recommendation for physical activity during the past seven days. Furthermore, 10.5% of students did not participate in any physical activity at all, as shown in Figure I.

FIGURE I



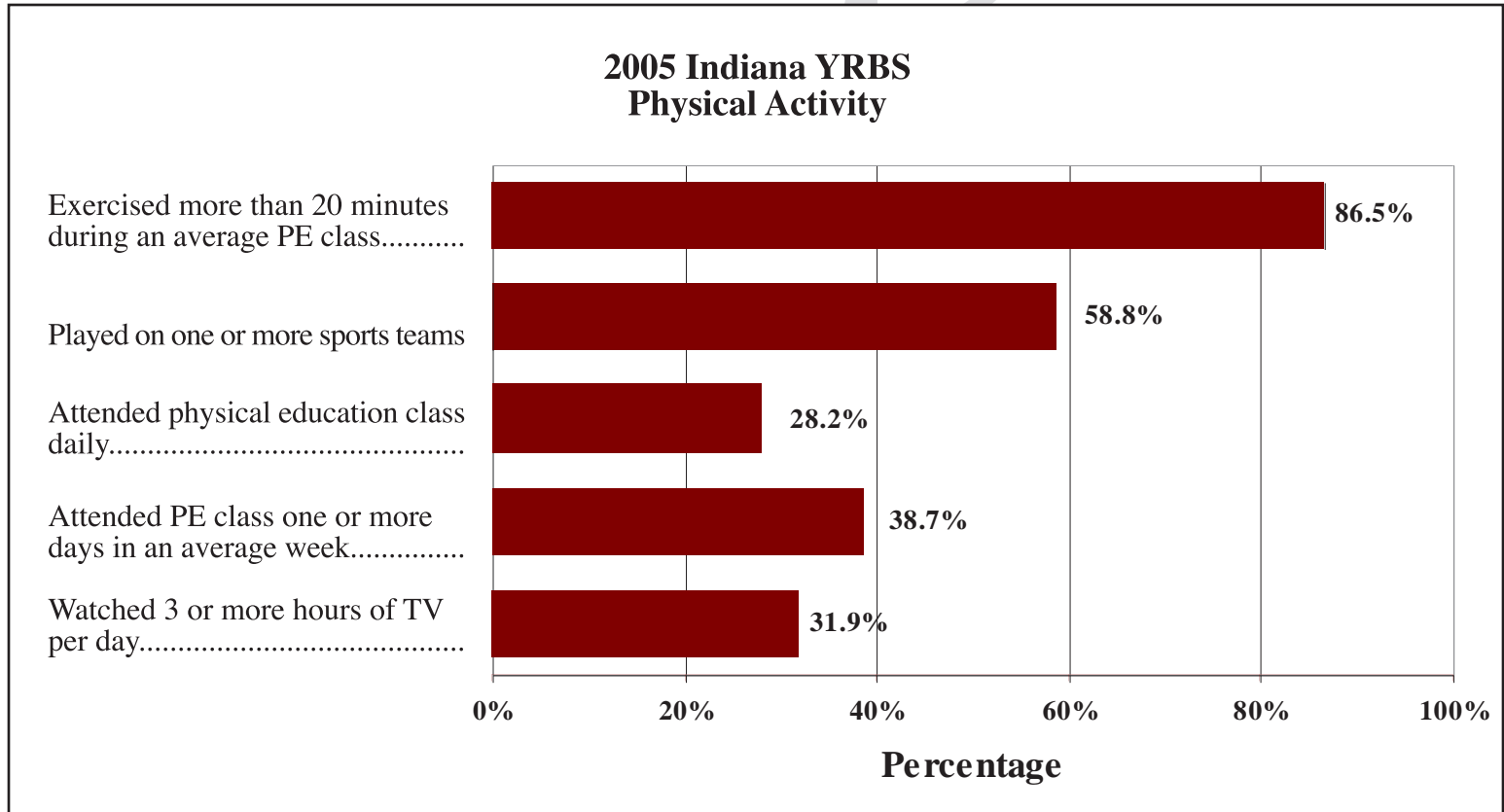
*Recommended levels of physical activity: at least 20 minutes of vigorous physical activity on three or more of the past seven days or at least 30 minutes of moderate physical activity on five or more of the past seven days.

2005 Indiana Youth Risk Behavior Survey

More Facts

The 2005 Indiana YRBS also shows an increase in the percentage of female students who did not participate in any physical activity during the past seven days (12.1%), when compared to the 2003 survey results (7.3%). More information about the current physical activity habits of Indiana's high school students can be found in Figure II.

FIGURE II



Healthy People 2010 goals:

- ☐ 22-7 Increase the proportion of adolescents who engage in vigorous physical activity that promotes cardiorespiratory fitness 3 or more days per week for 20 or more minutes per occasion from 65% to 85%

References:

1. Mokdad AH, Ford ES, Bowman BA, Dietz WH, Vinicor F, Bales VS, Marks JS. Prevalence of obesity, diabetes, and obesity-related health risk factors, 2001. *Journal of the American Medical Association*, 2003; 289(1):76-79.
2. Centers for Disease Control and Prevention. Physical activity and health: A report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, 1996.

For More Information:

Indiana State Department of Health: 1-800-433-0746

2005 Indiana Youth Risk Behavior Survey (YRBS): www.in.gov/yrbs

Centers for Disease Control and Prevention - Youth Risk Behavior Surveillance System: www.cdc.gov/healthyyouth/yrbs